

Black Belt Progress Report

Candidate _____

	Pass	Instructor Sig	Comments
Character			
Fundamentals			
One-steps			
Self Defense*			
Taegeuk 1			
Taegeuk 2			
Taegeuk 3			
Taegeuk 4			
Taegeuk 5			
Taegeuk 6			
Taegeuk 7			
Taegeuk 8			
Candle Focus Skill			
Breaking			
Power Break			
Quiz			
Essay 1			
Essay 2			
* Same Side Wrist Grab			
* Opposite Side Wrist Grab			
* Shoulder Grab			
* Double Wrist Grab			
* Double Wrist Grab Behind Back			
* Choke			
* Bear Hug			
Portfolio			
Letter			